

Relationship Strategies • Action Planning



1) Two people with whom I currently have a professional or social relationship are:

Person A: _____ Person B: _____

2) Two sources of stress in my relationship with each person are:

Person A:

1. _____

2. _____

Person B:

1. _____

2. _____

3) My predominant behavioral style is: _____.

4) Based on my observations of each person's supportingness and directness, I would identify their behavioral styles as (Dove, Eagle, Owl, or Peacock):

Person A's Style: _____ Person B's Style: _____

5) I would like to see my relationship with these two individuals improve in these specific ways or areas and for these reasons:

Person A:

Area 1) _____ Area 2) _____

Reasons or benefits to be gained: _____

Person B:

Area 1) _____ Area 2) _____

Reasons or benefits to be gained: _____

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(continued)

6) These adjustments to my own behavioral style will demonstrate behavioral flexibility and work to accomplish improvements in my relationship with this person:

Adjustments I will make with Person A: _____

Adjustments I will make with Person B: _____

7) Because communication plays such a vital role in building and maintaining relationships, I plan to employ these three specific communication skills to assist me in achieving the improvements noted in Action Item FIVE:

With Person A, I will:

1) _____

2) _____

3) _____

With Person B, I will:

1) _____

2) _____

3) _____

8) This is how, when, and where I plan to implement my strategy for each person:

Person A:

How: _____

When: _____

Where: _____

Person B:

How: _____

When: _____

Where: _____